

SELF CATERING ADVICE

In a self-catering program, students will plan, purchase, pack and prepare their meals. This is usually done in tents groups of 3. The Outdoor Education Group staff will be there to assist when preparing and cooking the food. For reasons of safety, The Outdoor Education Group maintains some specific procedures regarding food that is permitted on self-catering programs. It is important that you read and understand the information below.

MENU PLANNING

Plan for breakfasts and lunches to be eaten without extensive preparation, as time will generally not be available (e.g. bacon and eggs don't work!). For dinner, it is important that you plan well to ensure that you have a filling and enjoyable meal. For example, if the weather is likely to be cold, soups, pastas and hearty casserole style meals would be appropriate. During the declared fire season, menus need to be adapted to include a number of meals which can be prepared and eaten either cooked or uncooked.

Total Fire Ban Ideas

These are meals that can be eaten when cold, yet have the energy needed to sustain you. Foods such as cous cous, hokkien noodles or cooked rice pouches are recommended.

Equipment

Cooking is done on camp stoves called 'Trangias' using pots. It is important to plan meals that can be prepared in one or two pots. Don't bring too many utensils; your stirring spoon can be the same spoon you eat with. Remember a light weight plastic chopping board and ensure that your sharp knife is sheathed to protect yourself.

Packaging

Ingredients should be in plastic or lightweight containers. You will need to carry out all your rubbish so look for containers that can be flattened once used. Do not bring glass or tin containers as they are heavy, do not compact, and can break if you fall or bump your pack. Canned food keeps well but are heavy and should be avoided where possible.

Ingredients

Two Minute Noodles

Two-minute noodles, whilst tasty and a great snack, are not suitable as a stand-alone meal whilst on program. The energy required to fully participate in the programs activities will not be gained from this type of meal.

Meats (protein)

Pouch tuna or salmon is great as well as meats that have been processed. (e.g. salami). Small packets of shredded chicken, spam, Hormels crumbled bacon, Chinese style sausage. **Do not bring raw meats as there will be no refrigeration.**

Milk / Cheese & Perishables

Remember your pack is not a fridge so perishable items should be limited, particularly in the summer months. Parmesan cheese or Kraft cheddar blocks can be found on the shelves of most supermarkets and can be used year-round. Powdered milk is best and can be found in skim, full cream or soy styles.

Vegetables & Fruit

Look for items that are easily transported. Apples, oranges and pears are great. Fruits such as berries, melons or bananas can be squashed or bruised easily. Hard vegetables such as carrots, broccoli, potato and pumpkin or lighter varieties such as zucchini, bok choy and onions are best. Dehydrated foods can help limit the weight and space of your food. Dehydrated potato, peas, beans & corn and a whole range of fruits are readily available.

Flavouring

Spices such as cinnamon, curry powder, oregano, paprika, chilli and mixed herbs are extremely light and add great flavour. Soup sachets, stock cubes and powdered sauces (no satay! CONTAINS NUTS) are also highly recommended. Wet sauces such as pasta sauce can be brought in plastic containers but are heavy.

PRE DISCLOSED FOOD ALLERGIES

The Outdoor Education Group has a strict policy in relation to **nuts or products with nut derivatives**. It is vital that you follow this policy below when shopping for ingredients. Do not hesitate to contact us should you have any questions regarding this.

In some instances, the needs of a particular participant in your group and any serious food-related allergies they have may dictate that certain food groups are not brought on program. Should this be necessary, your school will inform you.

NUT POLICY

Due to the high number of peanut and tree nut related allergies in children, The Outdoor Education Group maintains a policy of **no peanut, tree nut, or their derivative** as listed ingredients (e.g. peanut oil or almond meal) in any food items whilst on program. This includes snack foods.

Items carrying warnings such as 'may be present' or 'may contain traces' indicate that whilst nuts or nut derivatives are not ingredients, traces may still be present. For example, the product has been processed on the same equipment that processes products containing nuts. These items are used in our catering and are allowed to be used on self-cater programs unless specified otherwise by your school or The Outdoor Education Group.

We request that any food items you supply from home complies with this policy.

RECIPE IDEAS

Breakfast

Cereals with milk, fruit loaf with spreads, dried fruits such as peaches and bananas. Rice cakes are also good and make an easy snack during the day.

Lunch

Meat (e.g. packaged tuna, chicken or salami) and salad wraps. This typically includes cheese, capsicum, cucumber, carrot, avocado, dips/ mayonnaise. Fresh fruits that travel well are also a great idea.

Dinner

Honey Soy Vegetable Stir Fry

Assorted Vegetables – i.e. carrots, zucchini, broccoli, beans, capsicum, corn, bok choy etc. Hokkien Noodles, honey and soy sauce.

Heat noodles according to packet directions. Chop vegetables finely and stir fry in a little oil until tender. Add honey and soy sauce to taste. Mix with noodles and serve.

Napoli Pasta

Pasta, salami, carrot, zucchini, capsicum, onion, garlic, dehydrated peas, tomato paste (or tomato based pasta sauce) and dried mixed herbs.

Boil water, add pasta & dehydrated peas, cook until tender then drain.

Chop remaining vegetables and stir through tomato paste and herbs, Add to pasta and peas and serve.

Burritos

Canned red kidney beans or 4 mix beans, tomatoes, tomato salsa, mushrooms, capsicum, onion, garlic, cheese and soft tortillas.

Chop tomatoes, mushrooms, capsicum, onion, garlic, add peas and kidney beans. Heat in pot, add salsa and cook until vegies soft. Serve mixture wrapped in tortillas with cheese.

Sample 24 hours

Breakfast

Product	Quantity Per person
Powdered Milk	120g (measure and put in snap lock bag)
Cereal (muesli or Weet-Bix, avoid sugary cereal)	1 – 2 cups
Rice Cakes, margarine and spread	2
Fresh Fruit	1 piece

Lunch

Product	Quantity Per person
Wraps / Mountain bread	4 (2 double wrapped)
Cheese (Kraft cheddar is good)	100g
Avocado	Half
Capsicum	One Third
Carrot	Half
Cucumber	One Third
Salami/Tuna	100g
Tomato	Half
Mayonnaise (repackaged into plastic tub)	As per liking

Dinner

Product	Quantity Per person
Pasta	150g
Meat (pre-packaged salami/tuna/chicken)	100g
Carrot	Half
Capsicum	One Third
Zucchini	Half
Bok Choy	One Third
Onion	One Third
Garlic	One clove
Sauce (pre-packaged)	1 (for 3 people)
Herbs and Spices	Pinch
Tim Tams	Easy Desert
Milo (in zip lock bag)	For Hot Chocolate

Snacks

Product	Quantity Per person
Rice Cakes	Left over from breakfast
Dried fruit/scroggin (no nuts)	150g
Fruit	1 piece
Muesli Bar	2